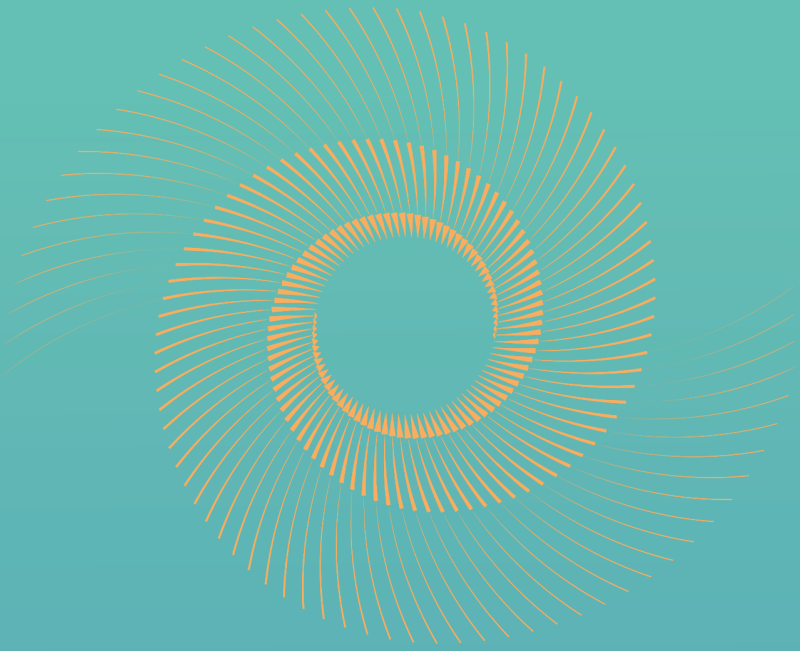
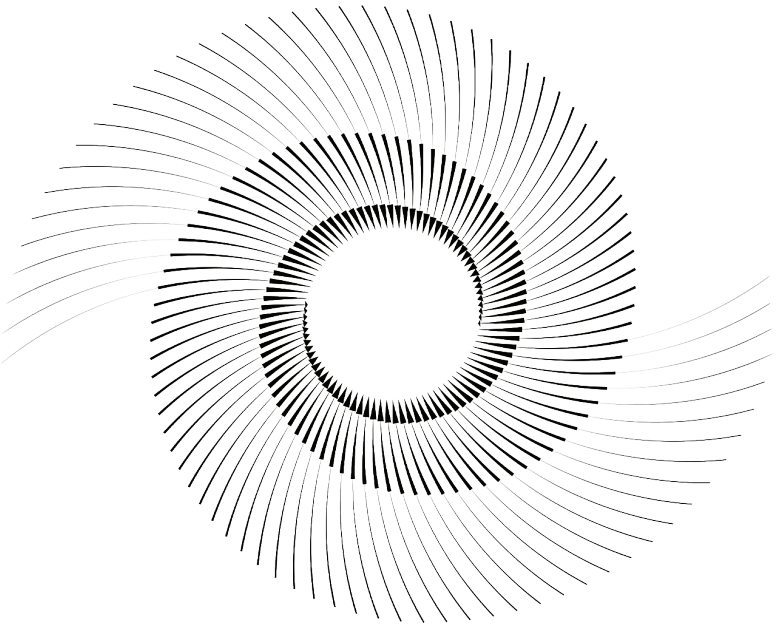
TIMELESS WISDOMS



How Can I Know God?

The Essential Teachings of MSIA – Book 3

TIMELESS WISDOMS



How Can I Know God?

Mandeville Press

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John-Roger has a unique ability to articulate truths about life here and in the Spirit. He puts into words for our time the timeless wisdoms of lovers and knowers of God through the ages.

The titles of the chapters on each page of this booklet are phrases that John-Roger repeated over and over again in the thousands of talks, seminars, and Question and Answer sessions he gave throughout the world for over forty years. They are a wonderful and clear distillation of the teachings of the Movement of Spiritual Inner Awareness (MSIA).

This booklet is one of a series of four excerpted from the book, Timeless Wisdoms by John-Roger, DSS. To read the book in its original form, please visit:
https://www.msia.org/shop/product/timeless-wisdoms/

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You're the one who knows what's best for you, and by allowing time to be with the God of your heart, you will strengthen the knowledge of yourself and then realize the Divine essence that is inherent in you.

– John-Roger

The very best in people is love.
That is the truth of our being.
Deep inside past our hurts, we are all God's love.
So it's just a matter of opening to God's love inside.

– John Morton

Breathe. Allow yourself to rest deeply in the silence of your Soul. As you embark on this journey, remember that the Soul is not about gain in the world. Your Soul is about knowing itself more purely, knowing Spirit and God more completely. Your Soul seeks the experience of its divine nature.

– John-Roger

Ordinariness Is the Prior Condition to God

We're all ordinary, which is the prior condition to God. When we see ourselves as special, we're actually moving further away from Spirit than when we're just ordinary.

This spiritual life is not necessarily conspicuous. Much more often, it is quiet and simple. And as you move more into the Spirit within you, someone looking from the outside might not notice the difference in you, which can be a real slap to the ego, so the ego may want to reassert itself, out of self-importance.

But if you are in your ego, you are not in your Soul. You will know you are in your Soul when you are just being ordinary, just living your life simply and directly, doing what is in front of you without looking for recognition.

Out of God Come All Things

There is only one message from God, although there are many ways that it's said and many ways that it's expressed. That one message is that all things come from God. Everything has its existence because God is. There is great security in knowing this.

God is multidimensional; God is everywhere, in all things and in all levels of consciousness. So the things that appear to be negative are only learning devices, not punishments.

Jesus said that "when you have done it to the least one of these, you have done it to me" (Matthew 25:40). Because all things come out of God, if we become prejudiced against one, we have become prejudiced against the awakening of our own consciousness of love.

God Loves All of Its Creation

In the Bible, it says that God created the world and human beings, and God saw that it was very good. That means that God loves it and loves us. God is maintaining us here and has also given us the ability to build and change according to our own will.

You are loved just as you are right now. Get that really clear in your heart. There is nothing you have to do differently to be loved by God. Who you are is enough in itself.

This is the positive inner reality, and it's the truth about you. If the way you are and the way you behave aren't joy-producing for you, then you have the right and the ability to change. Regardless, God's love is consistently available to you.

There is so much there for you, once you open yourself to it and begin to work consciously on levels higher than that of Earth. It's all a manifestation of love. Love is the matrix that makes it all possible.

The energy of Spirit is the essence, and this is the age of living love. This living love manifests each time you enter into the love of the spiritual heart. The message of this age is just that God's love is manifest here and now, within each person. When love is manifested and precipitated down, accepted and expressed, there is no more to be done.

It Takes Great Courage to See the Face of God

One of the reasons it takes great courage to see the face of God is that you first have to see your own face clearly. You must look clearly and honestly at yourself and at all your creations. You must confront the negativity and dissolve the negativity you've placed out. It sometimes isn't easy.

The face of God lies on the other side of all the illusions of the physical, imaginative, emotional, mental, and unconscious worlds. The way to the other side is through all of that. With the grace of the Traveler, you can tap into the consciousness of the Soul and use that higher perspective to guide your way so that you do not get trapped once again in the highways and byways of the lower worlds.

To look at the face of God, you actually have to stand back and stop wanting; you have to let go of all desire patterns. What good does it do you to gain all of the physical world if you lose your awareness of the Soul?

You gain the strength to see the face of God by looking at your own "dark side," by loving that which does not seem perfect, by continually choosing the positive flow of energy and infusing your consciousness with Spirit, and by changing those things which have been your stumbling blocks. And, still, your ability to see the face of God is based far more on your attitude than on what you do or don't do physically.

To see the face of God, you also have to see the face of God in all people. That does take a lot of courage because you have to continually move yourself past your personality, prejudices, and points of view, until you recognize your oneness with those other personalities out there.

It also takes a brave person to see their own God-face and not fall into the conceit and the ego of that moment. It takes courage to say, "I am God, and I'm moving on into greater realization of that. I know that everyone else is also God, and we are all moving upward together."

So remember always that you are an heir to the throne. When you recognize this and step into spiritual consciousness, you are prepared to see God. You will see God, not in the physical body, but in the Soul body.

It is only through Spirit that you can perceive Spirit. Just as you use your physical eyes to perceive the physical world, you must use your spiritual eyes to perceive those spiritual qualities.

Spirit Is Always Now

Now is the only moment. This is it. This is all there is, so enjoy it. You can still have aspirations and plans and visions; just place them where you can realistically handle them, and that starts with right here and now.

To accomplish living in the now, you hold the emotions in an "up" consciousness, keep the mind focused on completion in the present moment, and keep the body healthy and able to hold the energy of Spirit. When you can do this, the consciousness expands to greater capabilities.

Then comes the responsibility of holding your energies more in that greater field, and, of course, your reward is the ability to do more. Then your consciousness can expand to an even greater capability.

Don't worry about the future. When you're not living in expectation, you're less likely to be caught in negativity. Don't live in the imagination of what might happen. Instead, visualize the presence of God so you

can have that. Then if you walk into any negativity, you walk right on through.

And don't worry about the past. You cannot live yesterday. Memory isn't what the heart desires. The heart desires fulfillment now, on this level, in this moment. So don't be concerned about yourself. All things are already being taken care of.

The true self is moving you forward on your divine destiny, and you do not have to look at your past actions. And if you begin with what's true for you in this moment and work with that and don't focus on negative things in the past that have "gone wrong," you may find that things will begin clearing.

The mind changes, the emotions betray, the body falls apart, the personality alters, but the living heart of the Christ lives on eternally. Eternity is now. The eternal now is always present, and each moment, each breath, is a divine gift. Each breath is an opportunity to remember and worship God.

Integrity Is Having the Courage to Go with the Truth as You Know It, as a Heartfelt Response, with Care and Consideration for Others

Integrity is an indicator, in the physical world, of spirituality. No one can force you to live up to the best within yourself; no one can make you obey your conscience. Imagine doing those things because you choose to. That's integrity.

When you come into that place of integrity, everything you do is done with a sense of completeness, honesty, nowness, and trueness. But first and foremost, you have to realize it inside yourself. So do yourself a favor and live honestly, with integrity, with loving kindness and charity for your fellow beings. Your reward will be your ability to do better and the awakening of Spirit inside of you to higher levels of expression.

And be totally honest with yourself. Don't con yourself into thinking things are what they are not. You don't have to defend anything. When you drop the defenses and just acknowledge what is, you may find that you suddenly perceive much more clearly what you're doing.

As soon as you move to that which is going on and forget the wishful thinking or the hopeful layout of what you want to take place, the further you will be along the path of reality. Live your life the way it is, not the way you'd like it to be, the way you think it ought to be, or the way your parents told you it should be. Live your life as it is.

When you simply let your own self, which is God, shine through, there is such freedom because you never have to pretend to be something you're not. If you're feeling particularly loving and positive, that's fine. If you're not, that's fine, too.

It's okay to be whoever you are in the moment. Just be who you are and let that be enough—because it is. When you recognize what is and work with it, you can find that your honesty is your power, your security, and your key to the next level of progression.

So don't try to hide your mistakes and errors in consciousness. You cannot hide them from your Soul; it is your own Soul to which you are held accountable. If you've made an error, own it, and take

the steps necessary to correct it. There is no disgrace in that. There is an integrity that brings with it a tremendous freedom.

With freedom comes responsibility to yourself, that inner integrity. When freedom comes before integrity, you can get yourself in trouble. When integrity walks hand in hand with freedom, it's a combination that can lift you very high in Spirit.

With integrity and freedom, your inner life and outer life match; there is one reality in your life, and it's easy to live from that reality. You merge the outer life with the inner life and live from a spiritual form through the physical form in the world.

In your relationships with others, be honest. If someone you are close with does something that annoys you, tell them. Don't let it go on and on, with irritation building inside until it starts manifesting in all sorts of strange and unrelated ways. Tell them. Give your loved ones a chance to participate with you.

And if your spouse, a loved one, or a friend has the courage to be honest with you, let them know you appreciate it and give them loving support so they have the freedom to be more of who they are with you. It will be tremendously rewarding for both of you.

Honesty can be a great expression of loving. When you share with a person in *loving* honesty, you do not hurt or push away the person. You assist the person to a new level inside themselves. And remember that

"being honest" is not a license to jam your opinion at someone or to hurt them in the name of "truth." Always be loving in your approach.

When you are honest with yourself and with others, you truly can "die" to this world each night as you go to sleep and be free in your consciousness to travel the inner worlds to God. If you have situations pulling on you from the day, then you may hold yourself in the body and not get free. The Mystical Traveler may not be able to take you into Soul because your mind and emotions are still fighting to resolve the turmoils of the day. Do yourself a favor and be honest in your daily life, and then you can lay it down and travel freely in the night travel. And you'll find that you can live more freely during the daytime, too.

Walk always in the truthfulness of your spiritual heart. When you are living from the truth of your own beingness, you can become very realistic about what is and can perceive and work with what is—without having to make any value judgments in your mind and emotions. That will be a great freedom to you. You will become able to perceive more and more clearly and with less and less judgment. You will see things for what they are and work from that level. It's a good place to be. That's the way to find God.

MSIA Teaches the Awakening in Love

The Movement of Spiritual Inner Awareness is an esoteric mystery school, meaning that it is an inner process of moving into Soul Transcendence. MSIA is here to present points of view to you and to present ways that can work for you. MSIA didn't come forward to start anything new, for there is no need for it. The truth is on the planet and has always been here. There has been no dark age when truth was removed from the planet. People just went into darkness in their minds and consciousnesses and changed what was here to suit themselves.

MSIA's outward expression is to bring people into a balance of working with each other and to bring greater conscious knowledge and understanding to each person. Other groups may teach awakening through anguish, pain, self-denial, abnegation, or fear. We don't teach that. There would be little joy in that path, and

the presence of joy is one of the best indicators that the Spirit is present—joy and love.

This love we teach in MSIA is the love of understanding, acceptance, and support. It's the love that says, "Whatever you do is fine. I'll assist you, and I'll lift you." It's a peaceful, easy going, flowing love. Everyone in your life can help you get in touch with the many aspects of yourself that are within you, and everyone can assist you in awakening to your loving.

As you continually involve yourself in your own movement of spiritual inner awareness, your awakening will happen in its own natural rhythm. As you awaken, you can anchor Spirit in your life here, and, through attunement, you can discover Spirit and bring It to this level.

MSIA teaches you to tune in to what is already inside you, what is already there. MSIA works to show you how to do for yourself what you already know how to do but have forgotten. It isn't so much bringing a lot of great talents and abilities to you; it's more just getting rid of all the things that block you from them. It's just a matter of being where you are and who you are—honestly, openly, purely.

You who are working with this spiritual path are moving right along. Look at the reference points four years ago, three years ago, last year, last month. Look at the reference points and then at where you are today, and you'll see your progress and growth. These things

come gradually and subtly. It's not thunder and lightning and fireworks per se. It's the glory of God flowing in and through you, but in such a quiet way that you may not know it until much later.

Your spiritual progress started back at some point when you said, "GOD, help me. Help me get through these things." And God answered.

The Work of the Mystical Traveler Is Soul Transcendence

The experience the Mystical Traveler Consciousness brings to you has to do with Spirit, with God, with pure love that transcends all lower levels and lifts you into Soul—and then beyond. The experience the Traveler brings to you is Soul Transcendence.

The Traveler Consciousness offers the "shortcut" into God consciousness by direct alignment. When you've touched to the Traveler Consciousness, you've touched the supreme line of consciousness. The Traveler comes through with such a pure line of teachings that it reaches right out to the Spirit inside of you, and the teachings are imparted directly from Spirit to Spirit. That's why it works so well. It's not the Traveler's spiritual form teaching your physical form. It is a transcendent process.

When you decided that what you wanted more than anything else was to know God and your own divine

nature, to know yourself as Soul, perfect and complete, you created your connection to the Mystical Traveler. And the Traveler's job with you isn't so much to teach as to share with you, give to you, and assist you to awaken to Spirit.

The Traveler draws forth what is already present, the awareness of truth inside you. The Traveler presents the truth to you and supplies you with the energy that will recognize the truth. The Traveler bears witness to the Light energy inside you, not as a reflective process, but as a direct reality. And when you see the Traveler, read the Soul Awareness Discourses, listen to the seminars, or chant your initiation tone, you are involved in a direct connection and a direct process with the Traveler.

One of the Mystical Traveler's jobs is to assist you in breaking free of all the blocks that stand between you and your full and complete awareness of the Soul level and the freedom of the Soul. One of the values that the Mystical Traveler brings forward is not so much the keys for making this life on Earth work for you (although sometimes that consciousness can illuminate aspects of your life more clearly than you ever thought possible), but the knowledge of the higher dimensions of Light.

If you are an initiate, the Traveler's contract with you is to establish you in the consciousness of Soul. You can trust that like you trust the sun coming up. It will hold until it is completed. And when you are working

with the Traveler, all things unfold in their right and proper timing.

You can assist by loving yourself every step of the way, by doing your spiritual exercises to gain a greater perspective of what you are experiencing (see Appendix: How to Do Spiritual Exercises), by loving the people around you and treating them with kindness, and by living with integrity and honesty.

The Mystical Traveler works with you only in a state of invitation and agreement. You must ask the Traveler to be with you and to work with you, and you must agree to its presence in your life. The invitation and agreement must be made every day, every moment. Each day, you must ask anew for the Traveler to be present with you, and doing spiritual exercises is one of the most effective ways of asking for the Traveler to be a part of your life.

What the Traveler does, it does from loving. Even when it brings correction and holds you to your responsibility, it does it from loving. It may not always sound that way at first, but it is the motivation behind the action.

When people come up to the one anchoring the Mystical Traveler Consciousness, that consciousness is immediately awake, alive, aware, and active, relating and loving with them. It sometimes brings a balm of soothing to them, if that is what they need. It sometimes brings a kick in the pants, if they need that. It is

perfect loving, whatever the expression. The Traveler brings each person exactly what is needed for them to change and lift into greater freedom.

Of course, at the moments when the drama and romance are being undermined, you often don't like it very much and don't see it as part of your upliftment. The Traveler knows you don't see it. That's okay; he does it anyway because he has said he will get you to the Soul level. And he'll do that.

All your dilemmas and romance, your suffering and confusion, will be dissolved instantaneously if you just give it all to the Traveler Consciousness in your moments of meditation, contemplation, quietness, and spiritual exercises. But you must also give up the memory or you will pull it right back on top of you.

So dispense with your suffering. Give it away. Give it to the Traveler; it will take it. But you have to let it go. You can't give it and hang on to it at the same time. The Traveler will trade you: give it your suffering, and it will give you your next step in progression; give it your darkness, and you'll see the Light appear in your consciousness. Then watch for the upliftment to appear.

The Traveler just shares itself with those who are its beloveds, those who are the initiates. The Traveler does not offer only an association; the Traveler offers a relationship that abides in the spiritual heart, nowhere else. It is a relationship of living love. And when the

Traveler talks to you, it talks to the Soul. The Traveler speaks loving. It is love. It will lift you in love.

Since the Traveler comes in on love, move to love, and you'll find the Traveler entirely present in your heart. You'll feel the Traveler behind your eyes, sharing your world with you. You'll sense the Traveler walking beside you, touching your hand, as you walk down the street.

As you move to that quiet place inside, you'll feel the Traveler's embrace and know that you and the Traveler are one. So place your love in the heart of the Traveler. That is living love. Everything, even your breathing, becomes loving. Your touch becomes loving. Your whole approach becomes loving. Then everything you do, you do for love.

The Only "Business" of MSIA Is Soul Transcendence

There is only one method that will set you free and that is Soul Transcendence, to live here and discover the higher reality, to extend into that greater consciousness of Light, of love, of Sound—to be that. And to overcome this level, you must go into the level that can overcome it.

That level is already within you. That level is the Soul. This is why MSIA teaches moving into Soul consciousness and then into Soul Transcendence, having a life in heaven before you die and knowledge that there are greater glories all around you right now.

MSIA does not teach reincarnation. It teaches liberation: off the planet now, for good. And before you embodied, you intended to become more aware and to use this level to bring yourself into God consciousness, to leave this land of reflected Light and enter into the ultimate, and then to take the next step as it is presented to you, for you.

So when you become tired of playing the games of negativity, the games of jealousy and anger and greed and desire, you'll turn to the greater reality of who you are and go on about the business of inner spiritual awareness.

And Soul Transcendence is where the Mystical Traveler comes in and says, "Okay, let's go. Don't waste your time in the lower realms. Don't worry about the body; it's okay and takes care of itself. Don't worry about the emotions; you only need the essence of love. Don't worry about the mind; you only need the intellect to guide you through your experiences. Place your energy into the Soul, and we will travel into and beyond the Soul, into the 'high country.'"

The immediate result of Soul Transcendence is to rise above situations and see them in perspective. At that point, you don't have to solve anything. Your attitude shifts as you attune yourself to the Spirit within, and the "problem" dissolves. It's called releasing karma, and it is also called living free.

As you rise up in your consciousness, the actions of this person and that person in the world have less and less consequence in your life, and it becomes easier to let them go, to forgive them, to walk away from them—because you are walking towards the Light and towards Spirit. You are experiencing and living Soul Transcendence, and the fullness and the joy of that will overshadow all the things of this world.

You may think of Soul Transcendence as a great phenomenon that exists way out of reach. It is not out of reach. It is right here, right now. It has no dimension, no time, no level, so it cannot be separated in any way from you at any moment. It is always present. When you turn your attention to the Soul, all other levels dissolve, and you are completely free from the bonds of the lower worlds.

So remind yourself that you can move into the higher Light, the Soul, now. You do not have to wait for some future time when all your problems are solved and things are perfectly smooth.

The experience of the Soul is here for you right now. And when you perceive the inner glory, the Beloved, the divine self, the I Am, the alpha and omega of cosmic consciousness, God awareness—however you label it—you have touched in to who you really are.

Soul Transcendence is your heritage. Awaken to the Lord living in and through you. The Mystical Traveler's love is with you, and its heart awaits your greater awakening.

Its wish for you is to be loving, to serve God and your fellow men, to be open to all the blessings that are already yours, and to never to forget that this world is not your home. Your home lies beyond the Soul realm, and you get there through Soul Transcendence.

The Mystical Traveler Is Closer to You Than Your Breath

The Mystical Traveler is always with you. All you need to do is attune yourself to the loving you share and follow as the Traveler leads you home to the heart of God. And you will never know the Traveler truly if you know it only physically.

To know the Mystical Traveler, you must awaken it in your heart. You are already awake in the Traveler's heart. Now you must awaken the Traveler in yours. It is there waiting, and in that loving place, you and the Traveler are one.

The Mystical Traveler's work is whatever the work is inside of you because you're also the Mystical Traveler. It doesn't take reading this to tell you that. It takes you doing spiritual exercises, tuning in, and finding out, "My God, I am this, also." Then it depends upon your level of loving how you might use it.

But when you neglect your spiritual exercises, you may not feel the presence of the Traveler, so you may

think the Traveler has deserted you. It hasn't. You just haven't been focusing on the Spirit within and the Traveler's presence, so you probably think it's gone.

All you have to do is turn inside to find that the Mystical Traveler never went anywhere. It's always with you, it's always present, and all you have to do is turn towards the Traveler. It never leaves you, so you'll always find the Traveler as soon as you look.

If you go through a difficult situation, the Traveler goes through it with you experiencing the same pain that you're experiencing in your back, leg, stomach, or wherever. The Mystical Traveler goes through it with you, and it works with you to get you free of that.

These things don't happen once in a while; they happen twenty-four hours a day. And if you will go in to the Inner Master, the Traveler can clear out-of-balance situations with you faster because it can work them off in the inner consciousness without you being disturbed in the physical body. The Traveler does these things because it loves you, and it will do them to get you through these levels and beyond these levels into Soul consciousness.

The next big step is for your loving to come forward so you recognize the Mystical Traveler as you. So reach out and embrace the Traveler in your inner awareness. Know that form as the essence of yourself, your Inner Master, which is closer to you than your breath, more real than any other level. Know that in

the Traveler's love, you will walk straight into the heart of God and awaken to the pure form of God's beingness within you.

The Traveler's love is always with you. Use it to lift and sustain yourself until you know for yourself your own divinity.

Initiation into the Sound Current of God

Students in MSIA are initiated through the Mystical Traveler Consciousness into the Sound Current, the audible stream of energy that comes from the heart of God.

To be an initiate of the Traveler is to devote yourself to the God within you, to Spirit, and to returning to your home, the Soul realm, from which you originally came before you incarnated onto this earth.

Your connection to Spirit through your initiation is more valuable than anything else in existence.

The initiatory tone is the direct link between your consciousness and the Sound Current of God, and it is one of the greatest keys to your spiritual freedom that exists.

You are placing yourself in the mainstream of Sound that is flowing back into the Supreme Godhead. It is the ultimate prayer and will bring with it the ultimate fulfillment.

And when you are devoted to the Sound and the Light, you are devoted to that consciousness which is the Mystical Traveler, you are devoted to yourself, and you are devoted to each other.

The Only Wrong Way to Do S.e.'s Is Not to Do Them

Spiritual exercises are designed to awaken you to the Soul. They provide the Soul with a vehicle through which it may come more fully present in this environment. In that respect, they are like no other activity in this physical, material world, and no other activity replaces spiritual exercises.

S.e.'s have been designed not by the Traveler, but by Spirit, which says, "This is the way set up to reach Me. There will be various ones who will keep coming forward with that message. They are the direct representative of the Sound Current." Through the Light and Sound of God, true knowledge is available.

Spiritual exercises are an attunement with the loving quality, the pure loving that exists between you and God, and when you chant the sacred names of God, you more directly pull energy from Spirit to yourself. The spiritual consciousness is already there. Doing

s.e.'s strengthens your awareness so that you may see Spirit through spiritual eyes.

Through doing s.e.'s, you also create a channel, an opening, a tunnel, through which Spirit can convey Its wisdom to you. Your job is to separate fiction and reality and discern which is which. S.e.'s will help you to discern the levels more clearly.

Spiritual exercises give you a chance to become quiet and to allow the spiritual experience to lift you so you become defined as something greater than the physical experience. And if you find yourself caught up in negative or addictive patterns of behavior, the remedy often is to get off by yourself, do a lot of s.e.'s , and rebuild your reserves.

As you consciously learn to hold increased energy within yourself during your spiritual exercises, you will be able to ride the energy higher and higher as it thrusts out with even greater power.

Part of the action of doing s.e.'s is to be able to leave your body under your own volition and travel through the upper realms of consciousness so that you can get higher than the level you are presently on and see it more clearly.

If you look at this physical level through your emotions, mind, or unconscious, you see it through the distortions of those levels, but if you can get higher and see this level from the Soul level, you can have a

much greater understanding of the reality of what you are perceiving.

S.e.'s can activate the truth inside you and give you the thrust to act and effect change in your life. The Soul energy floods down from the higher levels into the physical and gives you the energy to move.

So do spiritual exercises so you can lift above the mundane activities of your life and see how you are working things out and learning the lessons that are important to you. Then you can love yourself even though you may have made some mistakes along the way.

Still, spiritual exercises are not designed to smooth your way in this world. They are not designed for you to practice only until things are the way you want them. They are designed to move you through the realms of Light until you reach God.

Nor are s.e.'s the goal. They are the means to achieve the goal. The goal is Soul awareness or God awareness. The value in spiritual exercises is that you make the Spirit familiar to you so that you can replace the familiarity of the world's distractions, activities, and excitements with the familiarity of the Spirit inside.

So if you would know the fullness of Spirit, make your life one gigantic spiritual exercise.

Commit yourself to yourself, every moment. It's the most valuable thing you can do.

Dedicate yourself to yourself, and make this dedication first priority, whether you're in a relationship, a marriage, a demanding career, or any other situation.

Your first priority is to your own spiritual awakening. And every time you do s.e.'s, it becomes Christmas season. It becomes the Festival of Lights. It becomes the words of the prophets of old. All the scriptures become alive because you're walking with God.

Mankind Is to Have Joy and Have It More Abundantly

When God awakened and moved upon Itself and breathed forward all the worlds, It did it for itself, which is within each Soul. It did it for each one of us to come into this experience and have happiness and joy beyond all imagining.

The literature of Spirit says you are to have joy and have it more abundantly. It does not say that you are to have fulfillment through sensuous activities. It says joy, and joy is inherent through the Soul.

When you have joy—when this happiness just comes up inside of you—then no matter what you do or say or become out there, this center of calm and happiness is not disturbed because it is what it is. Therein is your fulfillment for being on this level.

And when something makes you joyfully happy, even though you can't see, touch, feel, hear, or smell it, you're tapping into Spirit. When you feel the joy and

goodness bubbling up inside of you for no apparent reason, you're in Spirit.

When you feel like laughing and nothing is particularly funny, but the laughter is just an overflow of the good feeling inside, you are in Spirit. It's the peace that goes beyond understanding and the love that stays present no matter what other people do.

Although the very nature of the Soul, which you are, is happiness and joy, that which is the true self has been beguiled, and it searches out in the illusions of the world to find happiness. It is not there, for happiness is within. Happiness is the Soul. Even in the midst of aches and pains, emotional anguish, and negative thinking, there can be joy and love because those are of the Soul.

And to participate consciously in Soul awareness, you must come into harmony with its joyful nature. So cultivate joyfulness in yourself and everything you do. Joyfulness is more real than your problems. When you are focused on God, joy is always present, even in the midst of your fear, apprehension, anxiety, expectation, doubt, sorrow, and concern.

You can be joyful on the physical level. If you're going to scrub the floor, do it as a dance. The Soul can be dancing through the mop, the brush, and the water, and scrubbing the floor can become a joyful expression of Spirit. You can approach anything and everything you do with Spirit—100 percent.

You can be joyful in the emotions. The positive level of the emotions is a joyful, blissful feeling. It's a good feeling towards all of God in all Its manifest forms throughout all creation, and it's the action of truly exemplifying the loving heart.

Long ago, I told myself that whenever a feeling of depression came over me, it would immediately move me to joy. In other words, I reprogrammed depression for happiness. Anything less than a state of loving can be used to reprogram you back into a state of loving. Anything off-center can be used to move you back to center.

You can be joyful in the mind. The mind can never comprehend Spirit, but the heart knows Spirit. And when you can shut up your blabber mind long enough to listen to the spiritual heart, you can find yourself in living love—in the eternal presence of God—and that becomes a joyful occasion.

You can bring more joy into your life, and it's difficult to have a whole lot of joy when you have a lot of karma keeping your nose to the grindstone. You have to be able to look up once in a while and see the essence of Light pouring down on you.

This is one of the values of MSIA seminars, Soul Awareness Discourses, and getting together with people who are also living the Light. It gives you a vision and the strength of the group. And it gives

you a concentrated dose of the Holy Spirit that can come through when people are gathered together in the Light.

So let's live in the Spirit of Light, love, happiness, and joy, and let's find God within and God without. And as you awaken more to the Spirit within you, you will see it more in others. You will begin to see Spirit everywhere. You will see everything as a part of God, and everything you see will lift you because it will continuously direct you to God. What a joyful day that is!

Endure to the End

Those of you who are climbing the inner path need only one blessing—endurance—for those who keep the spiritual law to the end and endure all things receive the most precious gift of Soul awareness, which is eternal life through eternal awareness on any level in any existence.

This means that no matter what happens, no matter how you feel, no matter how anybody else feels, no matter what you think, no matter what anyone else thinks, you go on. No matter what is or is not, you go on. You really have no other choice.

So regardless of what is said, regardless of what happens, you always keep going on to the next thing. If you're right, you keep going. If you're wrong, you keep going. Right or wrong is not even a point of contention. Keep going. If you're in an illusion, go through it. If you're in truth, go on to greater truths.

And as you reach higher into Spirit, the things that were important to you in the first few years of your spiritual work are still important. It is still important

to send the Light to people for the highest good. It is still important to ask for the Light to fill, surround, and protect you. It is still important to place the Light ahead of you in the activities of your day. It is still important to chant your initiation tone, for it is the foundation of your spiritual health. Don't let these habits slip from you as the years go by. They are your strength.

If you've been moving forward and upward in your spiritual progression and you get tired and decide you want to take a break, be careful. You won't be able to stand still. If you stop your forward progression, chances are you'll start slipping backwards.

Those who have undergone adversity and maintained themselves in a positive focus of Spirit through all kinds of difficulties have gained the strength step-by-step to walk into the "high country." And if you have walked yourself up on the stepping stones of your own experience, then even if you begin to slip backwards, you won't slide very far.

You reach into Spirit by building the strength of Spirit through spiritual exercises. You maintain your attunement with Spirit by continuing to do spiritual exercises, by listening to the Word of God spoken through your inner consciousness as well as in scripture and seminars, by chanting the name of God, and by riding the Sound Current back through the formlessness into the heart of God.

There Is Always "Et Cetera"

The teachings of the Movement are "et cetera," ETC, which means Eternally Traveling Consciousness. It has no period at the end because it goes on and on forever. You continue on in spite of everything. You disregard everybody and all situations that would block you.

No matter what psychic influence impinges upon you, no matter who kicks you out the door, no matter how many times you get fired, no matter how many heart attacks you have—it's always et cetera. For your own movement of spiritual inner awareness is a progression, with no beginning and no end.

When you think you've reached the ultimate, look for what your next step will be. When you think you've learned all there is to learn, look for the one who will be your next teacher and awaken you to your next level.

Remember that progression is infinite, so if you ever think you've got it made, recognize the et cetera coming up behind you. It's no big deal if you get caught in

an illusion. You're going to get out of it because you're going on, so don't be concerned.

There can be no end to spiritual progression because there has never been a beginning. There is only a now. Even the Soul is not your ultimate goal. God is your ultimate goal. You do not stop when you reach Soul consciousness; you keep going, reaching into greater and deeper levels of God.

And when you say, "This is it, I've found God," go on, because there is no limit in the spiritual realms. There is further and further progression, which is continuously becoming more aware. Each next step can take you further into your awareness of God and the joy of Spirit. So bless each step you take, and know that the Traveler walks with you.

Baruch Bashan

Baruch bashan means "the blessings already are," and the frequency of these Hebrew words inherently conveys the blessings to your consciousness. All the blessings that will ever be present exist here and now, and all you do is move into the realization of those blessings.

Glossary

Movement of Spiritual Inner Awareness (MSIA). A church whose major focus is to bring people into an awareness of Soul Transcendence. John-Roger is the founder.

Mystical Traveler Consciousness. An energy from the highest source of Light and Sound whose spiritual directive on Earth is awakening people to the awareness of the Soul. This consciousness has always been anchored on the planet through at least one person.

90-percent level. That part of a person's existence beyond the physical level; that is, one's existence on the astral, causal, mental, etheric, and Soul realms.

Soul Transcendence. The process of moving the consciousness into the Soul realm and beyond.

10-percent level. The physical level of existence, as contrasted with the 90 percent of a person's existence that is beyond the physical realm. See also 90-percent level.

Appendix:
How to Do Spiritual Exercises

A common question that is asked by people new to MSIA is, "Where do I start, if I want to do spiritual exercises (s.e.'s)?"

John-Roger has often said that "the only wrong way to do s.e.'s is not to do them," so there are no rules, rituals, or postures that are necessary to begin your practice. Mostly, s.e.'s are an action of the heart, in which the approach is one of devotion and a clear intention to know Spirit or God in a greater way.

Having said that, for those people who would like to have some form of methodology so they can begin their s.e.'s, we are offering the following step-by-step procedure as a suggestion for doing fifteen minutes of s.e.'s.

1. Find a quiet place with low lighting and a comfortable chair to sit in. It's best not to listen to music while doing s.e.'s (although it's fine to listen to music while getting ready to start your s.e.'s).
2. Sit upright, if possible, and close your physical eyes.

3. Call yourself forward into the Light for the highest good, and ask the Mystical Traveler for protection and guidance during your s.e.'s.
4. Chant HU (pronounced like the name Hugh) or the Ani-Hu (pronounced anai-hugh), which are sacred names of God. It's preferable to do this inwardly (silently).
5. While chanting, focus your attention in the area near the center of the head directly back from your forehead. It is in this place that the Soul resides and the Soul energy gathers.
6. After you have chanted for about five minutes, stop and listen within. You are listening for the Sound Current, which is very subtle. You may hear it the first time you do this, or it may take years of practice. It is a very individual matter.
7. If you find your mind wandering and you lose the focus of listening, you can focus the mind by chanting again.
8. After about five minutes of listening, you can either continue to listen and look inside or return to chanting again. The times are approximate, of course. The idea is to spend time in s.e.'s doing both chanting and listening.
9. If you see the color purple coming from the right or center of your head, you can allow yourself to follow this inwardly, for this is a form the Mystical Traveler often takes. If the color (or any other

form) is coming from the left side, we advise not following it because this is often a negative influence. (All this applies to seeing inwardly.)

10. After about five minutes, you can open your eyes. You may want to wiggle your fingers and toes to bring the energy back into your physical body.

And so ends your fifteen minute session of s.e.'s.

Through daily practice, you can gradually build on this time period. For longer periods of s.e.'s, you can expand the time for chanting and listening to fifteen minutes each. For example, in an hour session of s.e.'s, you can chant for fifteen minutes, listen for fifteen minutes, and then repeat the chanting-and-listening cycle one more time.

All the above are guidelines, and it's important to remember that the only wrong way to do s.e.'s is not to do them. So you can experiment with how you do s.e.'s, using what works for you at a particular time and not getting attached to a certain form. And, again, the focus is on doing your spiritual exercises with as much loving and devotion to God as you can.

Let's end with a quote from John-Roger, who, to me, is always the ultimate pragmatist:

"Boy, how I wish you could do your spiritual exercises like you can get involved in your fantasies and thought forms! You'd be in the Soul realm immediately."

Enjoy your walks with the Lord.

Paul Kaye

About the Author

John-Roger (1934-2014)

For over forty years, Dr. John-Roger's life was devoted to the spiritual work of Soul Transcendence, the realization of oneself as a Soul and as one with the Divine. In the course of his work, he traveled and spoke extensively throughout the world and wrote over fifty books, two of which were on the New York Times Bestseller List.

John-Roger has given over six thousand talks, and many can now be found on MSIA's streaming service *That Which Is* (TWI) at: www.thatwhichis.org

That Which Is is also available through the MSIA App (for both iOS and Android devices).

John-Roger was the founder and spiritual advisor of the nondenominational Church of the Movement of Spiritual Inner Awareness (MSIA); founder, first president, and former chancellor of the University of Santa Monica; founder and former president of Peace Theological Seminary & College of Philosophy; founder and former chairman of the board of Insight Seminars; founder and first president of the Institute for Individual and World Peace; and founder of the Heartfelt Foundation.

John-Roger's wisdom, humor, common sense, and love have helped people discover the Spirit within themselves and to find greater health, prosperity, and peace. His legacy continues to transform lives by educating people in the wisdom of the spiritual heart.

For more information about John-Roger, you may also visit: www.john-roger.org

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